

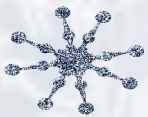


**DINING ROOM IS NOW
 OPEN FOR LUNCH**
 * MONDAY
 * WEDNESDAY
 * THURSDAY
**PLEASE CALL AND
 RESERVE YOUR SEAT
 THE DAY BEFORE**

Diane Stidham from Utah State Services for the Hard of Hearing is starting a Lip Reading class starting Jan. 10 2022 @ 12:30 Call or text Diane with any questions 435-216-8608 or the Senior Center to sign up

**The Senior Center will
 be Closed
 January 17th
 Martin Luther King Jr. Day**

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
LETT'SNOW!



Activities In Kanab

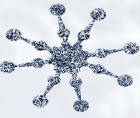
Exercise Room Open For Use Mon-Thur 8-2
TAI CHI: Monday & Wednesday 10am
Neighbor Day: Monday's 11am
BINGO: Monday 10th & 24th 12:30pm
Morning Exercise: Tuesday & Thursday 10 am
Mah-Jong: Tuesday 1pm
Coloring/Painting: Tuesday 25th 10:30 am
Sewing Crafts By Polly: Wednesday 1-3pm

Local Shopping: Wednesday's 1pm
 Suggested donation \$5.00



Trips

St. George Shopping -January 4th 8am
Best Friends Tour and Lunch January 18th 8am
Scenic Drive to Bee's Market, Dollar General, Dairy Store, & Lunch January 25th 10 am
 Suggested donation \$8.00
 Call 435-644-4321 For more info or to sign up



Activities In Long Valley

**Exercise Room Open For Use
 Monday, Wednesday, & Thursday**

